

Swim Lesson Registration

Swimming Lesson Program

Our department follows the American Red Cross Learn-to-Swim program which was revised in 2009. Our department does not offer all Red Cross courses. These changes are reflected in the course descriptions below. **Please read the class descriptions carefully!** In some cases, we have gone beyond Red Cross guidelines to further enhance your child's learning experience. Those modifications include:

1. Maximum size of most classes is 8 students.
2. Lesson times for most classes is 30 minutes.
3. Level IV is divided into A & B classes because of the quantity and complexity of the skills that must be learned.
4. A new Pre-School class was added.

Registration and General Information

	<u>Resident</u>	<u>Non-Resident</u>
Lesson Fee: (M-F)	\$21	\$30
Level VI Fee:	\$28	\$33
Saturday Morning Fee:	\$17	\$22

Session I June 13 - June 28
See front of brochure for mail-in registration information and forms.

Session II July 11 - July 26
Registration: June 30 and July 1 at the Pool entrance
Menasha Residents Only: June 30
9:00-12:00 Noon. (Be prepared with ID)
Reciprocity & Open Registration: July 1, 9:00-11:00 a.m.
If a Y member, be prepared with a valid membership card(s).
Others be prepared with photo ID.

Session III August 1 - August 16
Registration: July 28 and 29 at the Pool entrance
Menasha Residents Only: July 28
9:00-12:00 Noon (Be prepared with ID)
Reciprocity & Open Registration: July 29, 9:00-11:00 a.m.
If a Y member, be prepared with a valid membership card(s).
Others be prepared with photo ID.

Saturday Morning Registration dates the same as for Session I.
June 11-July 30 (7 weeks, no lessons July 2) **NOTE that Instructor may vary from week to week. No make-up days.**

Lesson Information

- All lead instructors are certified by the American Red Cross as Water Safety Instructors (WSI).
- Each session is scheduled for 12 classes.
- One make up day is built into the M-F schedule. Additional cancellations are not made up. Refunds are not issued. Our total class time exceeds the recommended minimum standard.
- Pool water is heated to approximately 78°.
- **During most inclement weather, alternative learning activities are planned. Call the pool answering machine at 967-5163. In most cases, a decision to cancel lessons will be made by 8:30 a.m.**
- Lesson ages determined as of the first day of class.
- Unless otherwise noted, the minimum size of a class is five and the maximum is 8. (Beginner/Special – 6 maximum)
- Parents please sit far enough from the lesson so you do not distract your child during lessons (sun deck is available).
- Testing is usually done on one of the last two days of scheduled lessons.
- A lesson evaluation form for adults will be distributed at the end of each session.
- A student evaluation form will be given to each child at the end of each session.

SWIMMING CLASS DESCRIPTIONS

Parent/Child Class L-2 Suitable for kids 12 months to 3 years old
Sample skills: acclimate child to water, water entry/exit, submerging, front and back floats and glides, bobbing, leg actions and life jacket use.

Pre-School L-3 Suggested Ages 3-5
Sample skills: jumping in water, tuck floats, back float and glide, changing direction, holding breath and safety topics.

Level I - Introduction to Water Skills Suggested Ages 4-6
Sample skills: float front and back, arm and hand movements, explore swimming on front and back, safety rules.

Level II - Fundamental Aquatic Skills Suggested Ages 6 & Up
Prerequisite: Level I or similar class. Sample skills: glide on front and back, explore side swimming, roll over (front to back, back to front), rhythmic breathing, swim on front and back using combined strokes.

Level III - Stroke Development
Prerequisite: Level II or similar class. Sample skills: jump into water, butterfly kick and body motion, dive from kneeling position, reaching assists, retrieve underwater objects, front crawl, back crawl.

Level IV A - Stroke Improvement
Prerequisite: Level III or similar class. Sample skills: compact or stride position dive, survival and back float, turns and push off in open position, treading water, front crawl, breaststroke, butterfly, back crawl, Elementary backstroke.

Level IV B - Advanced Stroke Improvement
Prerequisite: Level IV A or similar class. Sample skills: skills will be a continuation of Level IV A. Students must demonstrate a higher stroke skill level before moving on.

Level V - Stroke Refinement:

Prerequisite: Level IV B or similar class. Sample skills: shallow diving, flip turns, develop greater endurance on five basic strokes (front, crawl, butterfly, breaststroke, back crawl and Elementary backstroke).

Level VI - Swimming and Skill Proficiency

Prerequisite: Level V or similar class. Three different "menu" style classes will be offered throughout the season.

A—Personal Water Safety: endurance skills plus survival and rescue skills.

B—Fundamentals of Diving: diving techniques plus endurance skills and turns.

Beginner/Special:

Suggested Ages 6 and Up

Designed for the child that may need a little extra help on basic swim skills. Sample skills: front and back float without support, kicking on front and back, object retrieval, introduction to front crawl, back crawl and deep water orientation. Maximum class size: 6.

To Parents: It is not unusual for a child to repeat a class until all skills are learned. This should not be seen as failure. Our instructors strive to ensure that all students learn a specified set of skills before advancing to the next level.

Lesson Schedule

<u>Class</u>	<u>Day</u>	<u>Time</u>	<u>Session I</u> June 13-28	<u>Session II</u> July 11-26 Register on 6/30 & 7/1 Only	<u>Session III</u> August 1-16 Register on 7/28 & 7/29 Only
PARENT/CHILD L-2	M-F	10:00-10:30		7100.101	7200.101
	M-F	10:35-11:05	7000.102		
	M-F	11:10-11:40			
	M-F	11:45-12:15	7000.104	7100.104	7200.104
	Sat	10:55-11:25	7000.105	June 11—July 30 (no lessons 7/2)	
PRESCHOOL L-3	M-F	9:25-9:55			7230.100
	M-F	10:00-10:30			7230.101
	M-F	10:35-11:05	7030.104 or 7030.105	7130.104	7230.103
	M-F	11:10-11:40	7030.107	7130.107	
	M-F	11:45-12:15		7130.108	7230.108
	Sat.	11:30-12:00	7030.110	June 11—July 30 (no lessons 7/2)	
LEVEL I	M-F	9:25-9:55	7001.110	7101.110	7201.111
	M-F	10:00-10:30	7001.113	7101.112	
	M-F	10:35-11:05	7001.114		7201.115
	M-F	11:10-11:40		7101.116	7201.116
	M-F	11:45-12:15	7001.118	7101.118	
	Sat	10:20-10:50	7001.120	June 11—July 30 (no lessons 7/2)	
LEVEL II	M-F	9:25-9:55	7002.121	7102.120	7202.120
	M-F	10:00-10:30	7002.122		7202.122
	M-F	10:35-11:05		7102.124	7202.125
	M-F	11:10-11:40	7002.126	7102.127	7202.126
	M-F	11:45-12:15	7002.128	7102.128	7202.128
	Sat	9:45-10:15	7002.130	June 11—July 30 (no lessons 7/2)	
LEVEL III	M-F	9:25-9:55			7203.131
	M-F	10:00-10:30	7003.131 or 7003.132	7103.132	7203.132
	M-F	10:35-11:05	7003.133	7103.133 or 7103.134	7203.133
	M-F	11:10-11:40	7003.135	7103.135	7203.135
	M-F	11:45-12:15	7003.136	7103.136	7203.136
LEVEL IV— A	M-F	9:25-9:55		7104.140	7204.140
	M-F	10:00-10:30	7004.141	7104.141	7204.141
	M-F	10:35-11:05	7004.143	7104.142	
	M-F	11:10-11:40	7004.144		7204.143
LEVEL IV— B	M-F	9:25-9:55		7104.146	
	M-F	10:00-10:30	7004.147		
	M-F	10:35-11:05			7204.148
	M-F	11:10-11:40		7104.149	
	M-F	11:45-12:15	7004.150		7204.150
LEVEL V	M-F	9:25-9:55			
	M-F	10:00-10:30		7105.151	
	M-F	10:35-11:05			7205.152
	M-F	11:10-11:40	7005.153		7205.153
LEVEL VI (A-B)	M-F	11:45-12:30	(B) 7006.161	(A) 7106.161	(B) 7206.161
A—Personal Water Safety B—Fundamentals of Diving Higher fees apply for this level					
BEGINNER/SPECIAL	M-F	9:25-9:55		7107.170	
	M-F	11:10-11:40	7007.173		7207.173